

Demo card

LAMB SHOULDER

Demo difficulty level 1 (simple) – 5 (hard)



Serves: 10 people

EGG set up: Using the EGGspander, ConvEGGtor Basket with Half Moon Cast Iron Searing Grid top left, Half Moon Baking Stone bottom right and Stainless Steel Grid top right

EGG target temperature: 180°C

Cooking time: 1½-2 hours

This simple Mediterranean-style roast lamb dish shows off the versatility of the EGGspander System.



KEY MESSAGES:

- 1 The EGGspander System allows for multiple cooking modes to be used at once; in this case, roasting, grilling and dirty cooking
- 2 Cooking on the EGG enhances the natural flavours of the ingredients, so for the best results use high-quality, sustainably reared meat

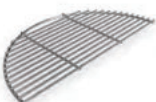
EQUIPMENT



CONVEGGTOR BASKET



HALF MOON BAKING STONE



HALF MOON STAINLESS STEEL GRID



HALF MOON CAST IRON SEARING GRID



Recommended charcoal

Premium 100% Natural Oak & Hickory Lump Charcoal





INGREDIENTS

FOR THE LAMB

- 1.5kg lamb shoulder
- 2g ground cumin
- 2g cumin seeds
- Vegetable oil
- Sea salt

FOR THE AUBERGINE

- 6 aubergines
- 30g fresh mint, chopped
- 20g preserved lemon, finely diced
- Sea salt
- Lemon juice
- Extra virgin olive oil

FOR THE COURGETTES

- 4 medium courgettes
- 15g fresh herbs, finely chopped (parsley, thyme, basil, oregano)
- Extra virgin olive oil
- Sea salt

METHOD

ROAST YOUR LAMB

Set up your EGG with the ConvEGGtor Basket in place, with the Half Moon Baking Stone in bottom right position, the Half Moon Stainless Steel Grid top right and nothing on the left. Your target temperature is 180°C.

Toast the cumin seeds and powder in a small pan until slightly browned and beautifully aromatic.

Score the lamb shoulder with a sharp knife, then rub the toasted cumin into the meat, together with a little vegetable oil and salt.

Place the lamb shoulder onto the Half Moon Stainless Steel Grid so that it's cooking indirectly. Close the Dome and cook for 1½-2 hours, until the internal temperature of the lamb reaches 55°C (for medium)

DIRTY COOK YOUR AUBERGINES

After the lamb has been cooking for about half an hour, prick the aubergines with a fork to prevent them exploding, then place them directly into the coals to dirty cook. This will take around 30 minutes. Turn them every 10 minutes or so to ensure even cooking.

Once they're soft and completely blackened, carefully remove the aubergines. At this stage, add the Half Moon Cast Iron Grid to the top left position on the ConvEGGtor Basket.

Leave the aubergines to cool, then cut them in half and scoop the flesh into a bowl. Add the diced preserved lemon, the chopped mint, a good squeeze of lemon juice and a drizzle of olive oil. Taste and adjust the seasoning accordingly.

GRILL YOUR COURGETTES

Once the lamb reaches 55°C, remove it from the EGG and leave it to rest. Cut the courgettes lengthways into 5mm slices. Coat the slices with olive oil and lay them on the Half Moon Cast Iron Searing Grid to grill until charred and softened. Turn up the heat if needed.

Remove the grilled courgettes from the EGG, drizzle with a little more olive oil and scatter on some sea salt and chopped herbs.

Slice the lamb and serve with the grilled courgettes and a large scoop of the smoked aubergine.



ALERT: As with any cooking demo, food hygiene and customer safety are essential. Please ensure that whoever is running the demo has completed a Food Hygiene Level 2 exam online and check the www.food.gov.uk website for further guidance.